



# Company Connection

## Family Readiness Group Bulletin

A newsletter for the soldiers and families of the 289<sup>th</sup> MP Company

January 2005

### Commander's Corner

Welcome and Happy New Year from the 289<sup>th</sup> Military Police Company!



CPT Debra Jungers

Things have recently changed for the Fort Myer Military Community and the Army as a whole. First, the Fort Myer MP Company is now referred to as the 289<sup>th</sup> MP Company because we now fall under the Honorary Old Guard. The Old Guard, also known as the 3<sup>rd</sup> U.S. Infantry Regiment, provides escorts to the President of the United States, oversees the Tomb of the Unknown Soldier, and conducts ceremonies for many high profile dignitaries. This change means that the 289<sup>th</sup> MP Company is now focused more on the tactical side of being military policemen and less on law enforcement.

How will this change affect families? With the change, our soldiers will not always be working 12-hour law enforcement shifts at Fort Myer and Fort McNair. In addition, they will now participate in a two week training period to sharpen their skills for tactical missions, and they will conduct security and ceremonial missions for the Old Guard.

With these changes I encourage you to take advantage of the company's Family Readiness Group. Whether it be a night to get out and attend one of our meetings, or needing answers to the many questions that family members have, the FRG can offer you this and much more. Together we can provide the best support possible for our soldiers.

## Welcome to the 289<sup>th</sup> MP Company Family Readiness Group

Welcome to the first issue of Company Connection, a publication of the 289<sup>th</sup> MP CO FRG!

Why is the FRG so important? During normal duty, an FRG forms a strong network of families and military personnel. This network helps prepare families for mobilization or deployment, and it helps ensure that all arrangements are complete. During mobilization or deployment, the network helps support families.

You, as a member of the FRG, can offer your assistance and help with its success. The FRG needs everyone working together to form a strong support network. And, when we say everyone, we

mean everyone. Family members, spouses, friends and community members are all encouraged to participate.

Please join us for our next meeting – January 12 at 6:30 p.m. in the Company Training Room.

If you have questions, suggestions or newsletter submissions please contact the FRG coordinator, Angela Kargus, at (703) 971-9481 or [akargus@tds.net](mailto:akargus@tds.net). We welcome your input and look forward to meeting you.

#### Next Meeting

Jan. 12, 2005

6:30 p.m.

CO Training Room



### Soldiers in Action

Members of the 289<sup>th</sup> MP Company recently participated in a Plane Pull competition benefiting Special Olympics (left). Training and teamwork are an integral part of every military unit. Picture below, SPC Clark learns the ins-and-outs of the M 249 and members of 2<sup>nd</sup> PLT tackle an OE-254.



Contact Us: Angela Kargus, FRG Coordinator, (703) 971-9481 or [akargus@tds.net](mailto:akargus@tds.net)

## Soldier Profile

# Meet CPL Paul Tran

CPL Paul Tran grew up in Anaheim, Calif., surrounded by his parents, Loi Tran and Dinh Duong, and three sisters. Following high school, CPL Tran obtained a bachelor's degree in criminal justice, but after two years in the work force, he realized that he needed a change and joined the Army.

Ft. Myer is Tran's first duty station. His says that he is dedicated to the Company and enjoys the opportunity to tackle the daily challenges presented to him as a Team leader in the Company's 2<sup>nd</sup> PLT

His work recently paid off when he won a series of boards, including Soldier of the Month in November of both the Company and the Regiment.

CPL Tran recently learned he has orders for a PCS move to Alaska this fall. In addition, he plans to return to school and pursue a master's degree. In his words, "you can never get enough education."

Here are few fast facts about CPL Tran:  
**Favorite Sport** - Football  
**Favorite Place** - Southern California  
**Drink of Choice** - Tequila  
**When he is hungry** - Snickers bar  
**Future Goals** - To make Staff Sergeant and to obtain his MBA.



CPL Paul Tran

## Mark Your Calendars

### January

**8:** Army Family Team Building, 9 a.m. - 4 p.m., Ft. Myer Community Center, (703) 696-3510

**12:** FRG Meeting, 6:30 p.m., Company Training Area, (703) 971-9481

**14:** 289th MP CO Flagging Ceremony

**20:** CINC Inaugural Ball, Details TBA

### February

**4:** 1SG Change of Responsibility Ceremony

**14:** Valentine's Day

**21:** President's Day



## PLATOON UPDATES

### Headquarters Platoon

Headquarters Platoon welcomes **MSG Lease**, who came over to us after serving as the 1<sup>st</sup> Platoon Sergeant. She recently made the Master Sergeant promotion list along with her husband John, who works at the MDW PMO.

We would also like to extend a warm welcome to **SSG Stafford**, his wife Michele, and their two children, Alexis (8) and Logan (3). They recently PCS'd from Fort Campbell. SSG Stafford will become the new Training NCO.

**SPC Spires**, who also comes to us from 1<sup>st</sup> Platoon, was promoted to Corporal on Dec. 1, and has taken over as the NCOIC of the unit arms room. CPL Spires won the company Soldier of the Month board in October. He attended the SGT promotion board in January, and was selected for promotion. He and his wife Nicole have one daughter, Natalia (1).

Headquarters would also like to welcome **PFC Wheelis** (from 1<sup>st</sup> PLT) who joined **CPL Spires** in the arms room.

Unfortunately, we must say goodbye to **SPC Harris**, who is moving to

Germany in January. Best of luck in Germany!

### 2nd Platoon (The Spelunkers)

In recent weeks 2nd Platoon has seen several soldiers become recommended for promotion. First, **SPC Tran** and **SPC Runyon** both performed admirably at their promotion boards and were both recommended with high marks to be promoted to SGT. Also, **SSG Busick** was recommended for promotion to SFC and will see his new rank on 1 Jan 05. **CPL Tran** also won a series of boards, including Soldier of the Month in November of both the Company and the Regiment. **SGT Barefield** hails as our Noncommissioned Officer of the Month for December.

For training, **SGT Kelso** and **SGT Barefield** attended and graduated from Nuclear, Biological, and Chemical school while the rest of the platoon trained on Military Police tasks ranging from convoy security to utilizing our communications equipment. The platoon returns to law enforcement duties after the holiday season.

### 4<sup>th</sup> Platoon (The Outlaws)

November has been a very busy

month for the Outlaws. We have welcomed in **SGT Jason Payton** from the PMO and said good bye to **SGT Arsenault** who went to the PMO.

We have also welcomed three little Outlaws, including **Elliot Velazquez** (born July 21), **Annaliese Marie Duncan** (born Sept 20) and **Jackson Jenks** (born Nov. 15). These new members of the MP Family are doing fine and taking whatever sleep is left after the 12 hour shifts.

The recent past has been a busy one in terms of training. **SGT Daniel Donahue**, **SPC Evan Minnear** and **SPC Brian Vair** all completed the very demanding Expert Infantry Badge training. The qualifications to earn this highly coveted badge include completing a 12 mile road march, qualifying expert with the M-4 rifle, completing a day and night land navigation course, and completing the 23 station infantry task course. These soldiers were the first ever non-Infantry Military Occupational specialty soldiers to earn this accolade in the history of the 3<sup>rd</sup> US Infantry Regiment.

The platoon also completed the highly

*Platoon Updates continued on page 3*

# FORT MYER COMMUNITY ANNOUNCEMENTS

## Child Development Center Offers Open Enrollment

Registration is now open for the Child Development Center program (which includes the current facility at 201 McNair Rd and the facility that's under construction) by contacting: Child and Youth Services Central Enrollment Registry, 703-696-4942 or 703-696-3095.

## PowerPay Program Can Help Eliminate Debt

PowerPay is a debt analysis program that helps consumers establish a debt repayment procedure that saves both time and interest. With some effort and the assistance of the PowerPay Debt Reduction Program, you can begin now to chip away at that debt. This is not a loan consolidation program and you do not need extra money to be successful. Call ACS at 696-0163 to schedule an appointment with a financial counselor to start PowerPaying your way out of debt.

## PLATOON UPDATES

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demanding Regimental Orientation Program during November. During this course the soldiers learned the Regiment's uniform standards, manual of arms with the M-14 rifle, and believe it or not, standing proficiency. It is much harder than you might think to stand motionless for 75 minutes.

During this course **SPC Vitte** displayed a high standard of skill and attention to detail by being awarded the title of Honor Graduate. For this she received a regimental Coin and Certificate of Achievement. All soldiers in the platoon can now wear the

## Parents of Soldiers Support Group to Meet

Fort Myer Army Community Service FAP offers a monthly Support Group for Parents. The group meets the second Wednesday of each month for a family potluck dinner and parent meeting. The group is open to active duty military, retirees, DoD civilians and their family members. For more information, contact Karen St. Pierre at 703-696-3512.

## Ski Trips Planned By Recreation Center

The Fort Myer Community Recreation Center is heading to the slopes and you can come along! One day trips include transportation and lift tickets for \$60. Ski or board rentals are an additional \$37 and tubing costs \$30 for 2 hours or \$50 for 4 hours.

*Day trips planned include:*  
January 22 to Ski Liberty, Pa.  
February 19 to Whitetail, Pa.

coveted Buff Strap of the 3<sup>rd</sup> Infantry Regiment.

**SGT Baumgartner** was selected as the NCO of the month for October. **PFC Lebarge** was chosen as the Company Soldier of the month for October and **SGT Kyle Albert** won the NCO of the month at the Company and the Regiment for the month of November.

All and all the mighty 4<sup>th</sup> Platoon Outlaws have been leading the way in the Company. Every day these soldiers amaze us with their professionalism and dedication to duty. If only the media would show what these young American warriors are doing every day for this great country.

## Mission Statement

To establish and promote ongoing communication, involvement, friendship and recognition between families and the Army. To encourage participation of family members and friends in activities that benefit the 289<sup>th</sup> MP Company.

February 4-6 a weekend get-away to Snowshoe, W.V.

For more details on this and other trips available stop by the Recreation Center, Bldg. 405, or call 703-696-3470.

## Developmental Play Group Seeks Participants

Army Community Service Family Advocacy Program's Developmental Play now has openings for preschoolers ages 1-5. The group meets every Friday morning from 10 a.m. - 12 p.m. in the Fort Myer Child Development Center multi-purpose room, Bldg 469.

The program includes activities for children that focus on cognitive, physical and social skills. The structured setting helps develop parent/child bonding and prepare children for kindergarten. Children must be pre-registered. For more information and to register, call Karen St. Pierre at 703-696-3512.

## The Fort Myer Fitness Center offers everything you need for a total body workout program.

### MASSAGE THERAPIST

To take some of the stress out of your body or get at that deep muscle ache. To make an appointment, contact Mr. Fitzhenry, 703-383-7231.

### PERSONAL TRAINERS

Get started on the right program for you. Call 204-1355, ext. 50 for an appointment.

### FITNESS PROGRAMS

New fitness programs include Aerobics, Spin Classes, Circuit Training, just to name a few. Classes will cost \$3.00 per session or \$24.00 for 10 sessions. For more information, call 703 - 696-7868.

